



Fast Facts

New England's Best Workplaces for CommutersSM

- Eighty-three employers are on New England's Best Workplaces for CommutersSM list.
- The almost 120,000 commuters covered by New England's Best Workplaces for CommutersSM will help reduce 83,300 metric tons of carbon dioxide per year, a reduction equivalent to planting 1,031,000 trees each year.
- To learn more about the list, visit <www.bestworkplacesforcommuters.gov> or <www.bwc.gov>.

Local Commuting Facts

- More than 3 million people commute each day in Massachusetts, and more than 73 percent of them drive to work alone. (*Census 2000 Supplementary Survey*)
- The table below highlights the costs of congestion and gallons of wasted fuel in New England's metropolitan areas. (*Texas Transportation Institute*)

<i>Metro Region</i>	<i>Cost of Traffic Congestion</i>	<i>Congestion Cost per Person</i>	<i>Gallons of Wasted Fuel</i>
Boston, MA	\$1.7 billion	\$560	139 million
Hartford, CT	\$145 million	\$225	12 million
Providence, RI	\$385 million	\$415	31 million

- The average Boston commuter spends 58 hours stuck in gridlock each year; the average Providence commuter spends 38 hours; and the average Hartford commuter spends 22 hours each year in traffic. (*Texas Transportation Institute*)

Health Facts

- Research conducted in 1999 by the Centers for Disease Control found that "obesity and overweight are linked to the nation's number one killer—heart disease—as well as diabetes and other chronic conditions." The report also states that one reason for Americans' sedentary lifestyle is that "walking and cycling have been replaced by automobile travel for all but the shortest distances." (*October 27, 1999 issue of the JAMA*)

New England's Best Workplaces for CommutersSM Coalition

Association for Commuter Transportation (ACT) Patriot Chapter • CARAVAN for Commuters
Employment Management Society • Greater Boston Chamber of Commerce • Grow Smart Rhode Island
Massachusetts Bay Transportation Authority • Massachusetts Executive Office of Environmental Affairs
New England Council • Northeast Business Environmental Network
Northeast States for Coordinated Air Use Management • U.S. Environmental Protection Agency



- Walking to work gives you a 20 percent less chance of getting breast cancer, a 30 percent less chance of getting heart disease, a 50 percent less chance of diabetes, and would help you live longer and healthier into old age. (*Nurse's Health Study, Archives of Internal Medicine; New England Journal of Medicine*)
- About 60 percent of Americans lead completely sedentary lifestyles, and 40 percent are clinically overweight. (*1998 report of the American Medical Association*)

Air Quality Facts

- More than half of New England's ozone-forming pollutants comes from motor vehicles. Cars and trucks also emit particulate matter, air toxics, carbon monoxide, and carbon dioxide. (*U.S. EPA Region 1*)
- For 20 to 40 days per year, air pollution levels in New England violate state and federal health standards. (*U.S. EPA Region 1*)

National Commuting Facts

- The average annual delay per peak-road traveler in 75 urban areas climbed to 58 hours in 2001 from 16 hours in 1982. The total cost of congestion in 2001 came to \$69.5 billion, which was the value of 3.5 billion hours of delay and 5.7 billion gallons of wasted fuel, not to mention lost worker productivity. (*Texas Transportation Institute*)
- Nearly 50 percent of workers describe their commutes as unsatisfying or stressful, and 36 percent say they would be willing to take a 10 percent pay cut or more for a shorter commute. (*HR Magazine Survey, Oct. 2001*)
- Employees with commuter benefits are 8 times more likely to use transit than those who don't have them. (*2001 Xylo survey*)

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